

**GALLATIN CITY-COUNTY HEALTH DEPARTMENT  
GROWTH & DEVELOPMENT**



## 24-36 Months (2-3 years)

<b>WHAT TO EXPECT</b>	<b>HOW YOU CAN HELP</b>
<b>MOTOR</b>	<b>MOTOR</b>
<ul style="list-style-type: none"> <li>• Can throw a ball overhand</li> <li>• Walks up &amp; down stairs without help, alternating feet</li> <li>• Jumps up with both feet off of the floor</li> <li>• Balances on one foot for 1 to 3 seconds</li> <li>• Builds tower of 6-8 cubes</li> <li>• Holds pencil or crayon with thumb &amp; fingers (adult-like grasp)</li> <li>• Scribbles spontaneously</li> </ul>	<ul style="list-style-type: none"> <li>• Give opportunities for running, jumping, balancing, throwing, catching and stair climbing.</li> <li>• Provide blocks, toy cars, dolls, and cups for stacking &amp; pouring.</li> <li>• Provide finger paints, chalk, washable markers, crayons &amp; paper, play dough &amp; other materials to manipulate.</li> <li>• Encourage quiet time with books, drawing supplies, &amp; simple puzzles.</li> </ul>
<b>LANGUAGE &amp; BEHAVIOR</b>	<b>LANGUAGE &amp; BEHAVIOR</b>
<ul style="list-style-type: none"> <li>• Names at least 4 pictures</li> <li>• Demonstrates understanding of one or two prepositions (on, under, next to)</li> <li>• Uses 4 word sentences</li> <li>• Has 200 plus word vocabulary</li> <li>• Speech is understandable 75% of the time</li> <li>• Washes &amp; dries hands</li> <li>• Dresses &amp; undresses with help</li> <li>• Matches pictures or objects</li> <li>• Sorts toys by one characteristic (color, shape, etc.)</li> <li>• Likes &amp; needs routine</li> <li>• Initiates own play</li> <li>• Enjoys make believe &amp; dress-up</li> <li>• Can name a friend</li> <li>• Interacts with other children</li> <li>• Needs support &amp; frequent encouragement to share</li> <li>• Follows simple rules</li> <li>• Follows two step command, "Pick up your shoes &amp; put them on"</li> </ul>	<ul style="list-style-type: none"> <li>• Talk directly to your child &amp; listen to his answers.</li> <li>• Read to your child as often as you can. Encourage her to tell you about the story.</li> <li>• Use phrases that describe things, "Your <u>big red</u> ball is <u>under</u> the table".</li> <li>• Name things, "That is called a caterpillar".</li> <li>• Encourage play with puzzles, blocks, nesting toys &amp; drawing materials.</li> <li>• Play sorting, matching &amp; counting games.</li> <li>• Allow your child to accomplish tasks on his own, to increase self esteem.</li> <li>• Encourage, but don't expect child to easily share.</li> <li>• Teach your child by role modeling good manners &amp; sharing.</li> <li>• Gain child's attention before giving directions.</li> <li>• Expect her to follow simple directions</li> <li>• Be consistent &amp; realistic in setting limits.</li> <li>• Children desire attention; give attention to desirable behavior.</li> </ul>

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## 24-36 Months (2-3 years)

**FEEDING & GROWTH**

<ul style="list-style-type: none"> <li>• Children's growth rates vary</li> <li>• Your child may want certain foods over &amp; over again</li> <li>• Children have high energy needs &amp; small stomachs</li> <li>• Let your child's appetite be the guide to how much is eaten</li> </ul>	<ul style="list-style-type: none"> <li>• Parents &amp; caregivers are responsible for what &amp; when food is presented.</li> <li>• Children are responsible for how much &amp; whether they eat.</li> <li>• Offer nutritious meals &amp; snacks at regular times</li> <li>• See WIC Guidelines for Toddlers.</li> <li>• Children need help brushing and flossing teeth until age 7.</li> </ul>
<b>SLEEP</b>	
<ul style="list-style-type: none"> <li>• Typically sleeps about 12-13 hours a day, 10-11 hours at night &amp; one nap</li> <li>• May resist bed and nap time</li> <li>• May have nighttime fears</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain pleasant bed &amp; nap time routine at consistent times.</li> <li>• Limit TV &amp; roughhousing before bed.</li> <li>• Provide clear limits regarding bedtime.</li> <li>• Reassure child when he is afraid.</li> </ul>
<b>TOILET TEACHING</b>	
<ul style="list-style-type: none"> <li>• At this age, child may show interest in toilet teaching</li> <li>• Most children are not completely reliable, even in the daytime, before the 3<sup>rd</sup> year</li> </ul>	<ul style="list-style-type: none"> <li>• Always be positive, never shameful while teaching child about toileting.</li> <li>• See toilet teaching guidelines.</li> </ul>
<b>IMMUNIZATIONS</b>	
By 3 years your child should have received: 4 Diphtheria, Tetanus & Pertussis (DtaP), 3 Polio (IPV), 2 or 3 Hepatitis B (Hep B), 4 Haemophilus (Hib), 1 Measles, Mumps, Rubella (MMR) & one Varicella (if your child has not had chickenpox)	
<b>SAFETY</b>	
<ul style="list-style-type: none"> <li>• Use a correctly installed car safety seat <u>every time</u> child rides in car.</li> <li>• Keep poisons, firearms &amp; medications in locked, out of reach cupboard.</li> <li>• Post poison control number by phone. Have Syrup of Ipecac on hand; check expiration date regularly.</li> <li>• Teach safety related to bikes, water, streets, sharp objects, matches, fire &amp; strangers.</li> <li>• Protect your child from the sun by always applying a sun screen with at least SPF 15.</li> <li>• Learn CPR.</li> <li>• Choose consistent, quality child care.</li> </ul>	

Date: \_\_\_\_\_

Next Visit: \_\_\_\_\_

Notes: